

Vitamin K Content of Foods



High Vitamin K Foods (more than 100 mcg)

| Food | Serving | mcg | Food | Serving | mcg |
|--------------------------|---------|-----|---------------------------|-----------|-----|
| Broccoli | 1/2 cup | 110 | Greens, turnip, frozen | 1/2 cup | 425 |
| Brussels sprouts, frozen | 1/2 cup | 150 | Kale, cooked | 1/2 cup | 573 |
| Endive, raw | 1 cup | 116 | Kale, raw, loosely packed | 1 cup | 112 |
| Greens, beet | 1/2 cup | 350 | Onions, green or scallion | 1/2 cup | 103 |
| Greens, collard | 1/2 cup | 386 | Parsley, raw | 10 sprigs | 164 |
| Greens, collard, frozen | 1/2 cup | 530 | Spinach | 1/2 cup | 444 |
| Greens, mustard, frozen | 1/2 cup | 250 | Spinach, raw | 1 cup | 145 |
| Greens, turnip | 1/2 cup | 265 | Swiss chard | 1/2 cup | 287 |

Moderate Vitamin K Foods (25-100 mcg)

| Food | Serving | mcg | Food | Serving | mcg |
|------------------------------|----------|-------|----------------------------|---------|-----|
| Asparagus | 4 spears | 48 | Lettuce, green leaf | 1 cup | 46 |
| Asparagus, frozen | 1/2 cup | 72 | Lettuce, romaine | 1 cup | 48 |
| Broccoli, frozen | 1/2 cup | 81 | Noodles, spinach | 1/2 cup | 81 |
| Cabbage, coleslaw, fast food | 1/2 cup | 68 | Okra, frozen | 1/2 cup | 44 |
| Cabbage, green, savoy, red | 1/2 cup | 27-82 | Oil, soybean | 1 tbsp | 25 |
| Dried peas, black-eyed | 1/2 cup | 32 | Prunes, dried | 5 each | 28 |
| Kiwi fruit | 1 medium | 28 | Soy beans, cooked | 1/2 cup | 49 |
| Pomegranate juice | 1 cup | 26 | Tuna, light, canned in oil | 3 oz. | 37 |
| | | | Watercress, raw | 1 cup | 85 |



Low Vitamin K Foods (less than 25 mcg)

| Food | Serving | mcg | Food | Serving | mcg |
|--|----------|-------|---|----------|-----|
| Artichoke | 1 medium | 18 | Mayonnaise, Light | 1 tbsp | 8 |
| Avocado, raw | 1/2 cup | 16 | Nuts, pine, cashews, pistachios | 1 oz. | 15 |
| Beans, green or yellow | 1/2 cup | 16 | Oil, olive | 1 tbsp | 8 |
| Blackberries or blueberries | 1/2 cup | 14 | Oil, canola | 1 tbsp | 10 |
| Carrots and carrot juice | 1/2 cup | 11-18 | Papaya | 1 medium | 8 |
| Cauliflower | 1/2 cup | 9 | Parsley, dried | 1 tbsp | 20 |
| Celery, raw | 1/2 cup | 18 | Pear | 1 medium | 8 |
| Crackers, all types | 1 oz | 12 | Peas, green | 1/2 cup | 21 |
| Cucumber, with peel | 1/2 cup | 9 | Pickles, dill or kosher, slices | 1/2 cup | 12 |
| Dried beans and peas, not listed elsewhere | 1/2 cup | 5-9 | Salad dressings | 1 tbsp | 19 |
| Grapes | 1/2 cup | 12 | Sauerkraut, canned | 1/2 cup | 9 |
| Lettuce, iceberg, shredded | 1 cup | 13 | Soy milk | 1 cup | 7 |
| Mango, sliced | 1 cup | 7 | Tomato, raw | 1 medium | 10 |
| Margarine-blend, tub or stick | 1 tbsp | 13-15 | Tomato sauce, spaghetti sauce, marinara, or paste | 1/2 cup | 18 |

Revised 01/15/2015 American Dietetic Association. Nutrition Care Manual™. Vitamin K Content of Foods.

<http://nutritioncaremanual.org/files/VitaminKContentofFoods.final.pdf>

Used with permission.

Vitamin K Free Foods (less than 5 mcg)

| Food | Serving | Food | Serving |
|--|-------------------|--|---------------|
| Bread and cereals, couscous, quinoa, rice or noodles | 1 oz. or 1/2 cup | Milk and dairy products, all type | 1 cup (8 oz.) |
| Cheese, all types | 1 oz. | Nuts, not listed elsewhere | 1 oz. |
| Eggs | 1 large | Oils, not listed elsewhere | 1 Tbsp |
| Fish and shellfish not listed elsewhere | 3 oz. | Seeds: pumpkin, sunflower, sesame | 2 Tbsp |
| Fruit: whole, canned, or juice, not listed elsewhere | 1 each or 1/2 cup | Vegetables, and vegetable juice not listed elsewhere | 1/2 cup |
| Meat and poultry, all types | 1 oz. | Sauces or gravies | 1/2 cup |

Nutrient Data Source: U.S. Department of Agriculture, USDA National Nutrient Database for Standard Reference, Release 27: accessed January 15, 2015.

Important Things to Remember:

- Pay attention to serving sizes. If you eat more than one serving of a moderate vitamin K food, it may equal one high vitamin K food.
- Unless otherwise noted, all foods are cooked; vegetables are cooked from fresh, and fruit is raw.
- The actual values of foods listed can vary depending on how the food was processed. For example, vegetables that are cooked from frozen may have a higher vitamin K amount.
- Keep your vitamin K intake the same each week. Any changes in your diet should be discussed with your doctor and pharmacist.



Revised 01/15/2015 American Dietetic Association. Nutrition Care Manual™. Vitamin K Content of Foods.

<http://nutritioncaremanual.org/files/VitaminKContentofFoods.final.pdf>

Used with permission.